

Inside Hua Hin

Cha-am Pranburi

ISSUE 44

Idyllic Ban Krut

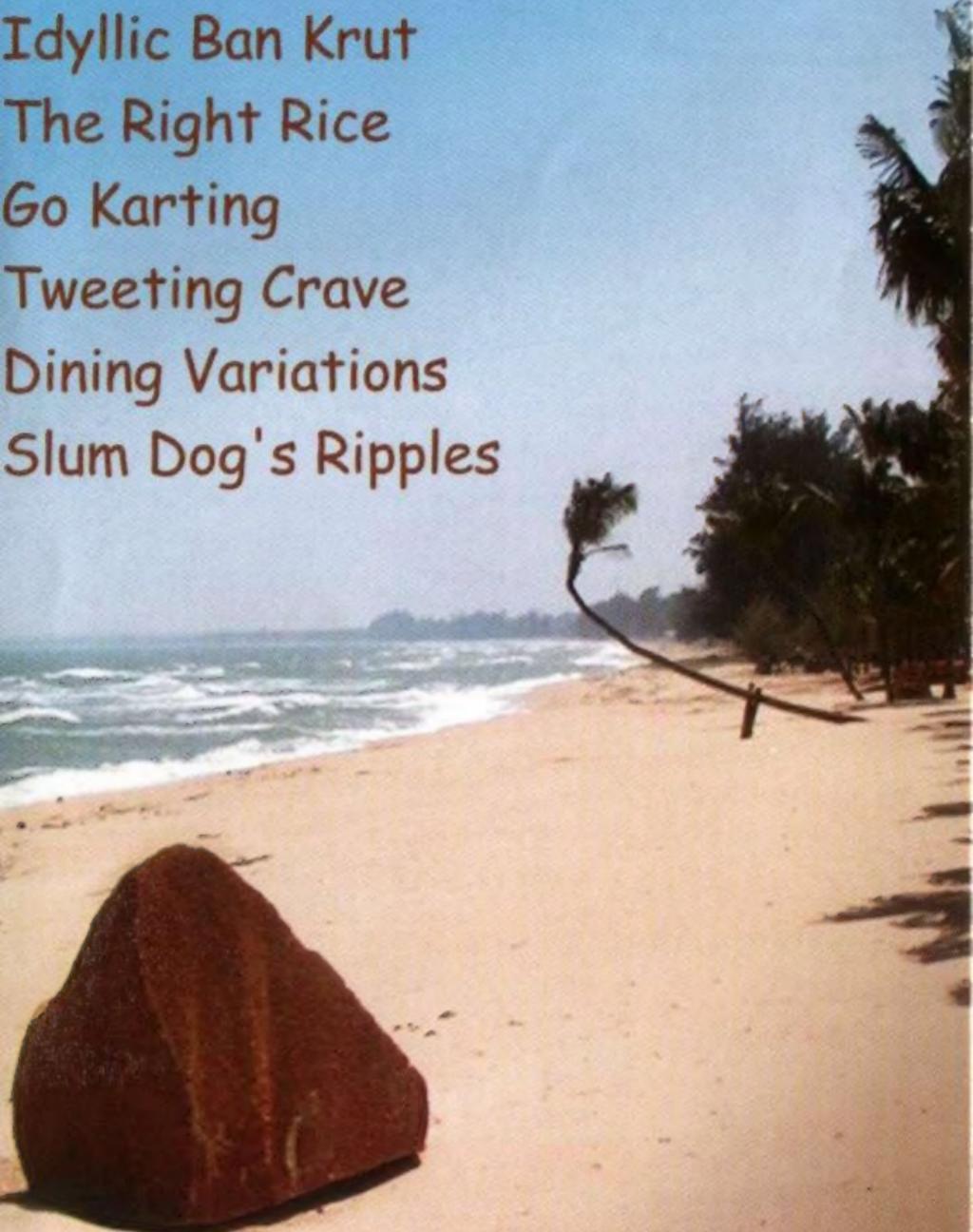
The Right Rice

Go Karting

Tweeting Crave

Dining Variations

Slum Dog's Ripples



Free
Copy

The complete magazine
Maps inside



Kiri Khan

Opens Show Unit.



Site Image

A committed developer would always meet the promises made to the clients, inspite of tough times.

"It's a tempo-

rary phase, like a storm, the healthy environment has to come sooner than later. "It's a buyer's market, they can strike a good bargain at present", said the Danish developer of the Kirikhan.

The showroom has been done, the prospective buyers should see for themselves, what the life would be, when they move in. Each unit exudes, stunning views of the sea, mountains and old Hua Hin, as they are not far off. A separate balcony is with each room,

for residents to enjoy the luxury of mountain mist, fresh air, blended with steady breeze from the sea. Every unit is fitted with luxurious fittings in the bathroom and the kitchen. The kitchen comes with fully equipped European fittings.



Site Image



View from the Site

Altogether, the project has 126 units, spread equally among three towers. The project has a swimming pool, Jacuzzi, jogging track, fitness center, a restaurant and an underground parking space. The condos come in 86sq.m, 126sq.m, 173sq.m, 252sq.m and 340sq.m, an opportunity for everyone, to have healthy living and good lifestyle.

The location is convenient, as residents will have access through three roads. One through the main Phetkasem road, through soi 56, Hua Hin, another through Nongplup (road to Pala U waterfall) and the third going to Black Mountain Golf Course, which is 8km. from the site. It takes around three minutes drive to be in center of Hua Hin.

The environmental permit is due in August this year, when the construction will commence. A special deal is awaiting for those who sign up before the construction starts. An attractive deal is also there, from the two renowned furniture suppliers.

The show unit is open daily and for price details call the city office, Tel : 032-531301 or inquiry at info@kirikhan.asia and visit www.kirikhan.asia



Site Image

EDITORIAL

According to the recent survey , politicians are the one , hurting country the most! It was hammering the nail on the head. Surprisingly, none of the news media, followed up with so called law makers. They are determined to amend article 237 of the constitution, which has banned some political parties against vote buying. Vote buying has plagued our electoral process , for the past three decades . Not only that, Election Commissioners, were also indicted and are serving three years prison sentence. Thai politicians are of a different mould, unlike South Korean or Japanese counterparts, who are not hesitant to resign. Our politicians need tough scrutiny by different check and balance agencies, as only clean and determined fellows, become law makers and work for the nation's interest.

Our people need to be more political aware and pro active in the political process, reprimand wrong doers and appreciate conducive politicians. Keep an eye on their activities and show them the door , during elections. Look at America and recently in India, people opted for national parties rather than regional. The policy implementation becomes diluted, once too many parties join the government.

The country's tourism sector is going through very tough times, the responsibility lies on all of us, by taking short breaks and encouraging overseas friends and customers to visit Thailand. One such occasion is the annual Hua Hin jazz festival, on June 12-14, on the beach. Hotels, golf courses and property sector have attractive offers on cards.

Our endeavour is to give readers trustworthy and custom made editorial, which one can not find in web or other print media. We believe , credible information is what people are looking for and would earn respect by the readers.



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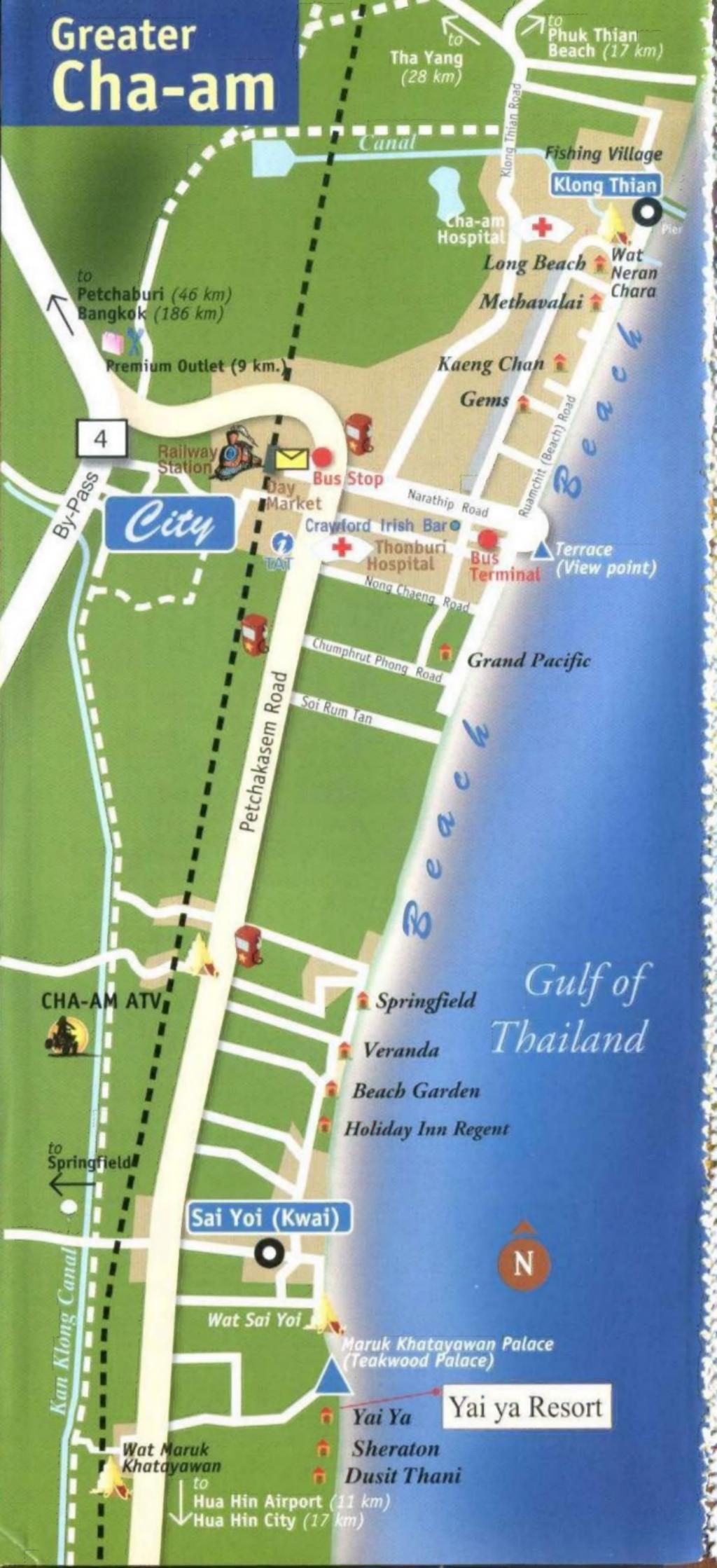
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Greater Cha-am



Hua Hin

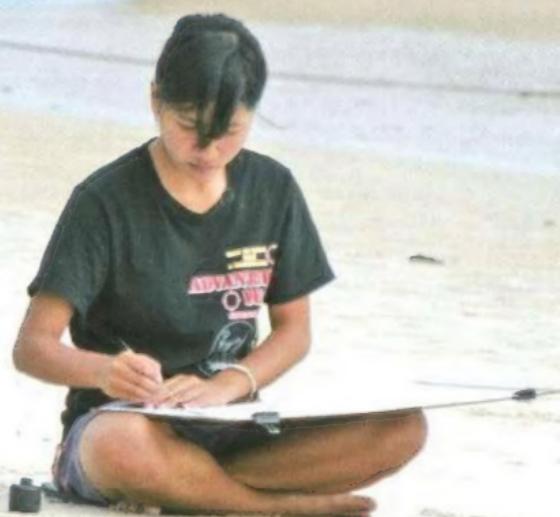
Cha-am

When a Bangkok family wants a quiet, relaxing weekend by the sea with clean water for swimming and uncrowded fine sandy beach, they go to Hua Hin, just over 200 kms away to the south on Petchkasem Highway. Hua Hin is a charming old-fashioned beach resort and a fishing town of Prachuab Kirikhan Province on the west coast of the Gulf of Thailand.

Swimming off Hua Hin beaches is pure and an unadulterated delight. The water is warm, clear and clean, absolutely untainted by any form of pollution. The beach slopes down so subtly far out into the sea, that the big incoming waves gradually dissipate into soothing and rocking motion of the water, well before reaching the beach. Children down to toddler size can safely frolic in the shallow water of the beach without fear of crashing wave or steep underwater bank.

Klai Kangwol Palace is the official royal summer palace, where HM the King spends most of his time. Here the royal wedding anniversary is celebrated every year on April 28.

Hua Hin in Thai means stone head. Off the main beach are rock outcrops jutting out of the sea water that give the beach its name. To the right of the beach walk, stretches the fabled shoreline of Hua Hin, a white plain of fine sand reaching off to the distant Khao Takiab.



SUMMER ESCAPE

Ban Krut

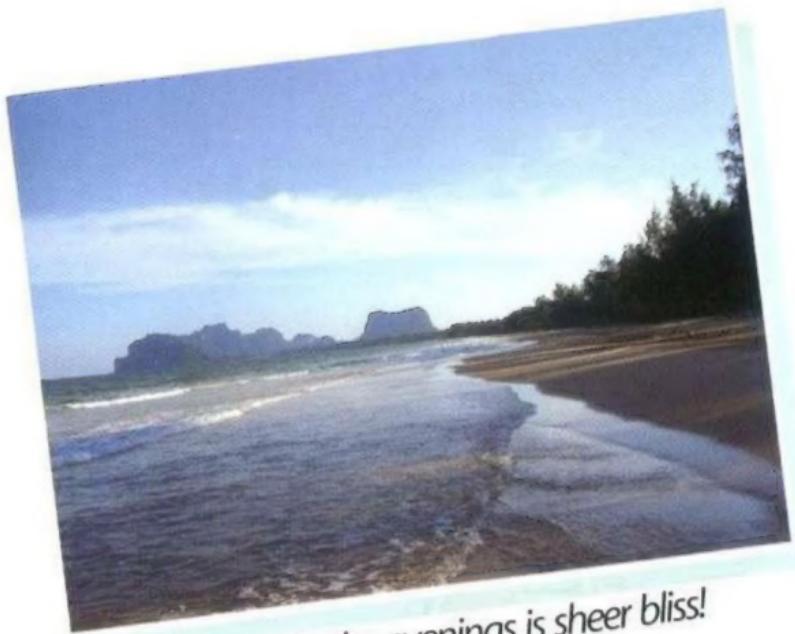
CALM. COOL. RELAXED.



The beach is 12 kms. unobstructed.



Looking for a 4-day or more summer vacation on a tranquil beach, we make one suggestion, hopefully, it wouldn't disappoint. Ban Krut like any other destination, could be seen spelt — Baan Krud, Baan Krood or with Ban. They are all the same and will take you to an un-interrupted 12 km. of white sand beach. Un-crowded, clean and serene beach, plus fresh inexpensive seafood should seal the deal.



Walking in the evenings is sheer bliss!



How To Get There : A comfortable car ride on well paved six-lane road of 365 km. from Bangkok or 130 km. south of Hua Hin in Prachaup Khirikhan Province (see map on page 10). Air-conditioned bus leaves Bangkok's South Terminal to Bang Saphan every hour, cost 275 baht. (Tel: 02-4347192, 02-4351199). Ban Krut is just 15 km. from Bang Saphan, a minibus or booked hotel can also arrange pick-up. A point not to be missed , travel this twenty - minute ride,during the day time,you will take back some memories. Another alternative is train from Bangkok's Hua Lumpong station to Bang Saphan, second class air-conditioned coach, cost is 445 baht departure every hour.(Tel: 02-6218701)



The stress and the summer is equally fearsome this year and with the tighter budget, it's all but sensible to travel within the country. Walking down the morning beach, not only will fill the lungs with pure dose of oxygen



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**The Sala is opened Tuesday through Sunday from 11 am to 7 pm.
We are closed on Monday except if a national holiday.**



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but also leaves an calming effect on the mind. Try a nap under the shade ,after satisfying seafood lunch, the breeze from the sea will lull you. For active folks, there is hiking,bicycling ,snorkeling,diving, kayaking and beach volley ball to explore and fun.

Bicycling or long walk will exhibit a sense of satisfaction and compassion among people living along the coastline in small towns. It's bounty for the seafood lovers , as they needn't compromise with the freshness and exorbitant city prices.

Ban Krut is one such destination , which does meet all above criteria. Another highlight is the Thang Sai temple, perched on the cliff needs a visit. Construction cost of this masterpiece was picked up by the local community , in honour of HM The King. The gardens is lush green with white leelawadee flowers. As you climb up the stairs, a magnificent Buddha image, blesses every one out there. Walking around one would see the panoramic view of an unobstructed coastline .

A camera here is a must, even an amateur can come out with some stunning shots. Another golden Buddha, grimaces the ocean on the eastern side, which is only visible from the grounds. The inside altar has magnificent murals to appreciate.



The temple was opened by HRH Princess Sirindhorn in 2005. Best time to go is in the afternoon.

Beaches that stretch from Ban Krut to Bang Saphan vary from quiet to deserted. Some are primitive with no development for kilometers and are accessible only by motorbike.



Gulf of Thailand



- 1 While coming from Bangkok on Phetkasem, you can turn in at, km 365. The distance to Ban Krut is 20 km.
- 2 If you happen to miss the first, slow down at km 372 and turn left. The road number 1029, is 16km. only to the Ban Krut beach.
- 3 This is for those coming from Chumporn, turn at km 382 on the road number 3459. This is the shortest only 12 km. When going to Bang Saphan, go through these routes, they are shorter.

Accommodation :

More than twenty accommodation exist near the beach .Following is the short list .

Ban Liap Naa Thee Tel : 081-4211293 Rooms- 6

Ban Grood Arcadia Tel : 032-695095 Rooms- 40

Ruen Chan Sea View Tel : 032-695322 Rooms- 33

Ban Krut Resort Tel : 032-695076 Rooms -15

Ban Montra Beach Resort Tel : 087-9799828 Rooms -18

Thanvara Beach Resort Tel : 02-7214460 Rooms - 90

Ban Klang Aow Tel : 032-695123 Rooms - 29

Bay View Beach Resort Tel : 032-695566 Rooms - 37





Black Mountain Successfully Staged 1st Masters.

The atmosphere was eclectic, inspite of sweltering heat, as thousands of avid golf lovers, descended on this scenic beauty of Hua Hin. The wind extracted the best, out of experienced and inexperienced players.



Prayad Marsaeng, a local maestro, lead the leader board with superb 64, in the final round, setting his sight on the trophy. Chris Rogers of England was always in contention, but he couldn't seize the moment on 16, where Johan Edfors of Sweden made double bogey. But big hitting Edfors made 10-foot birdie on 16 and another 15- foot birdie on 18, to seal the victory.



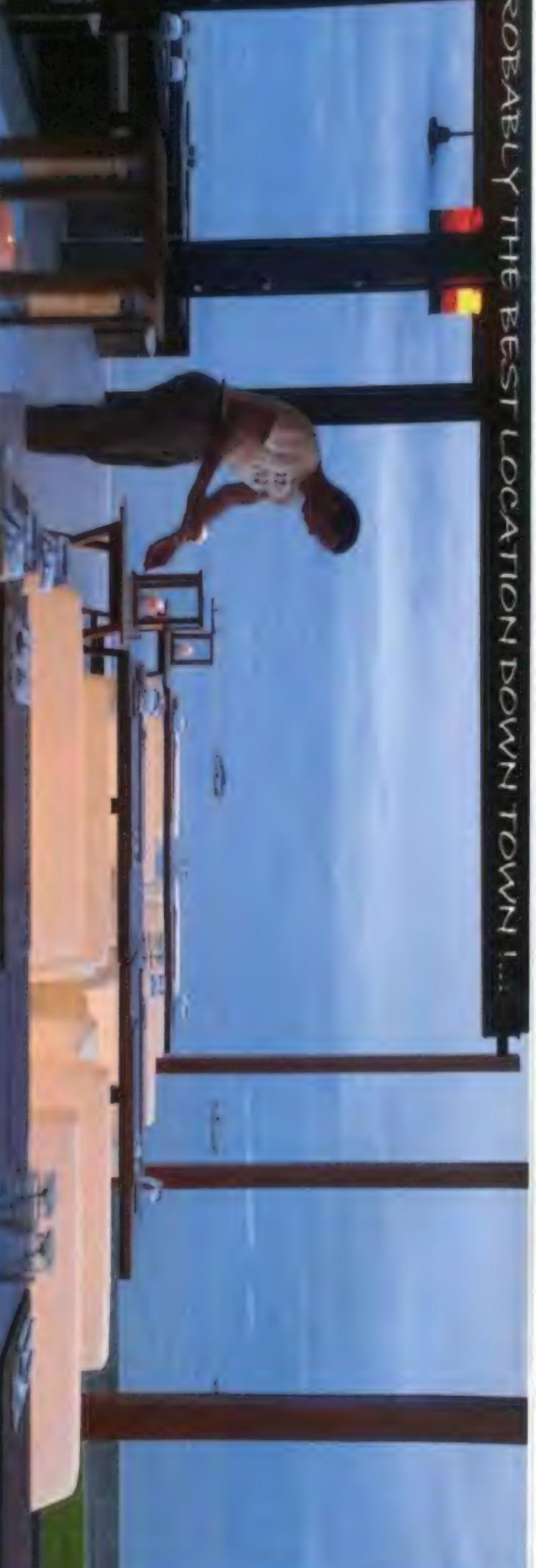
Edfors scored 271, while Prayad and Rogers were runner-up at 273. Edfors chalked up winner's cheque of US \$ 79,250, which was his first victory in three years. The tournament was shown live on ESPN in Asia and also in Scandinavia. All aspects of Hua Hin were covered at this event and successful ASEAN summit in Hua Hin.

PROBABLY THE BEST LOCATION DOWN TOWN

OCEANSIDE

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Thai prepared seafood and international cuisine right by the sea @ reasonable prices
Located between Soi 51 and 55 opposite Putahwacsa Resort - Open daily - booking 032 531 470



Profit- from the Brown Rice

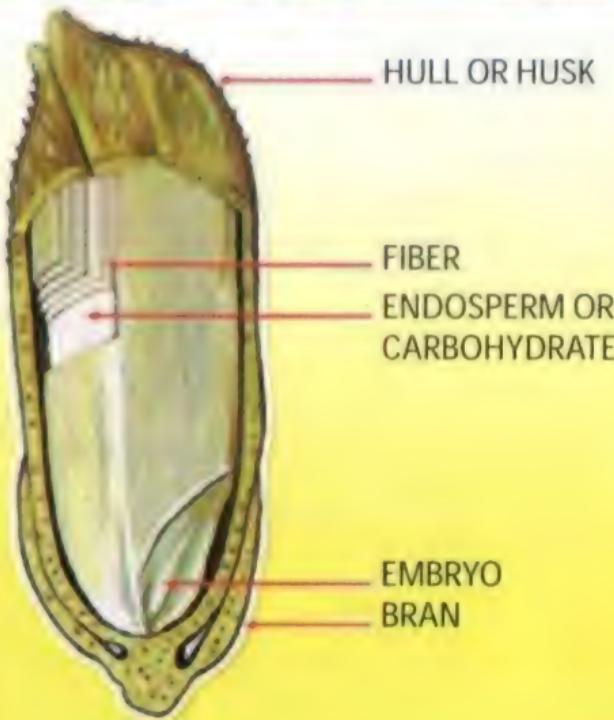
"You are what you eat" as the legendary saying goes on nutrition, holds very true. Those who have good and balanced diet, along with regular exercise, reflects the personality of a wise and responsible folk.

As today's world is bombarded with information what to eat and what not, benefits of half the world's staple food- rice are largely ignored. Rice itself, has so many varieties and process to mill, that if understood correctly, it could only be beneficial to us.

Brown rice (or hulled rice) is un-milled , a whole and natural grain, that is unbleached. It has a mild nutty flavour, is chewier than white rice and becomes rancid more quickly. In fact, any rice including sticky rice or short-grain rice, can be eaten as brown rice. In much of Asia like China, Japan, Korea, Indonesia, Thailand and Vietnam, brown rice was associated with poverty and wartime shortages and was rarely eaten except by the sick and elderly. This denigrated kind of rice is now more expensive than the white rice, because of low supply and storage. Its lifespan is short, unless stored in a cold storage.

The process that produces the brown rice, removes only the outermost layer, the hull or the husk, which is least nutritional. To produce the white rice, next layer (bran) along with embryo or the germ are also removed.

Dissection of Brown Rice



The complete milling and polishing destroys 67% of vitamin B3, 80% of vitamin B1, 90 % of the vitamin B6, half of the manganese, half of the phosphorus, 60 % of the iron, all the dietary fiber and essential fatty acids. All these nutrients you will find on the box of your multi-vitamin dosage.

Polishing also removes the aleurone layer- a layer filled with health – supportive essential fats. Because of these fats, once exposed to the air, oxidation takes place and the rice starts smelling offensive. That's why this layer is also removed to extend the shelf life. The resulting white rice is simply a refined starch, or carbohydrate or endosperm, that's largely devoid of original nutrients.





GABA or GERMINATED RICE



- 1 *Soak in water for 5 nights.*
- 2 *Germination on 7th day.*
- 3 *Germination activates different enzymes & complete amino acid profile*

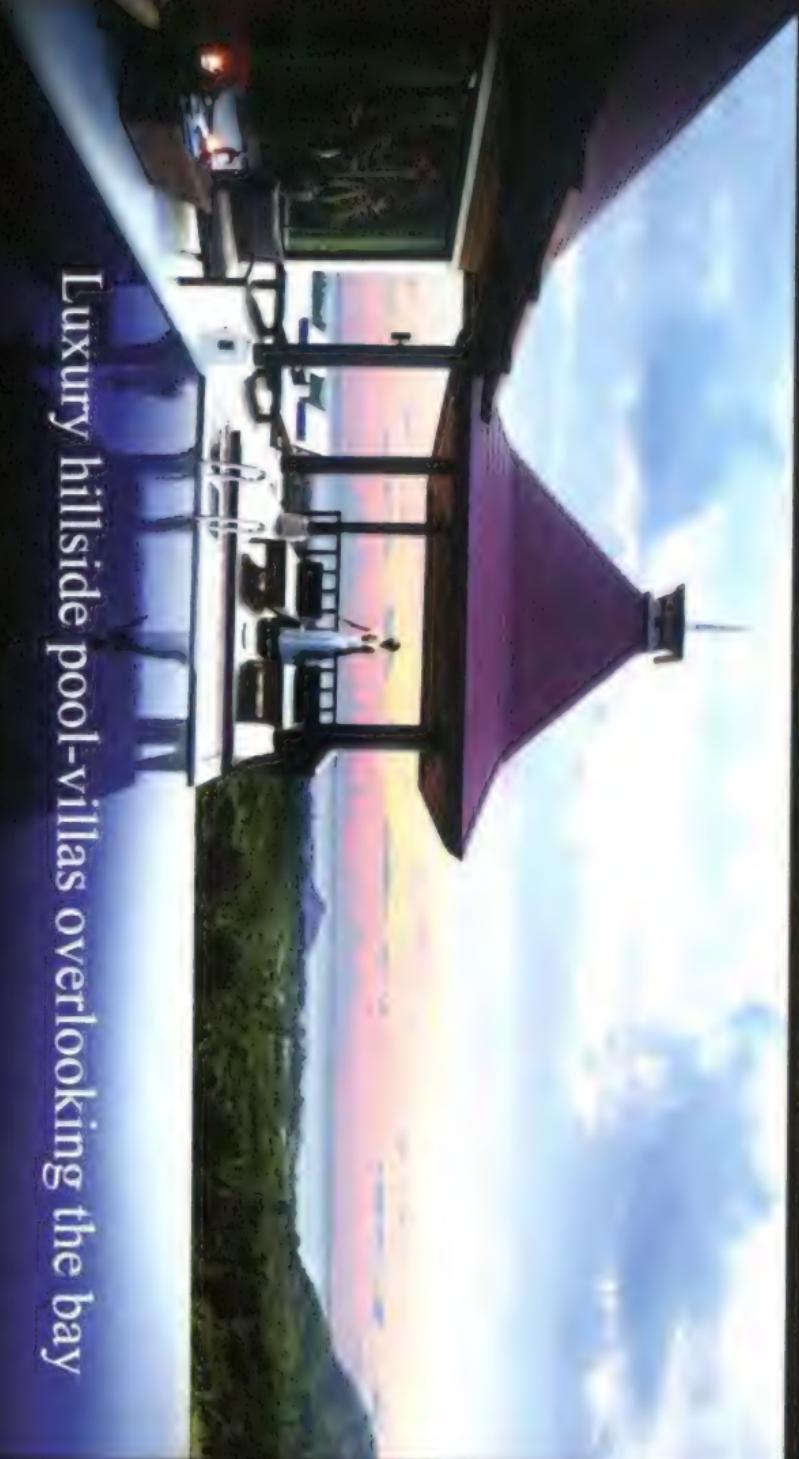
Here, we highlight nutrients and the benefits lost, in not including brown rice in your diet.

Manganese—Energy Production Plus Anti-oxidant Protection: One cup of brown rice provides 88 % of our daily need of manganese. This mineral helps in producing energy from protein and carbohydrates and is involved in synthesis of fatty acids, which are vital for a healthy nervous system and in the production of HDL (good cholesterol). Anti-oxidant enzyme produced from manganese is super oxide dismutase.

Richer in Fiber and Selenium: Selenium is key component in fighting colon cancer risk, anti oxidant defense system and immune function. Another benefit is DNA repair and synthesis in damaged cells. Selenium also works with vitamin E in numerous other vital antioxidant systems throughout the body. These powerful antioxidants actions help in combating heart diseases, decreasing the symptoms of asthma, the pain and inflammation of arthritis. Fibrous diet is highly recommended, as it helps make digestive system better and intestine much stronger.

Whole Grain Eaters Weigh Less: According to American Journal of Clinical Nutrition underscores the importance of choosing whole grains to maintain a healthy body weight.

Lower Cholesterol with Brown Rice: Any whole food like brown rice is healthy way of eating. The effects of the rice bran and its oil, helps in lowering bad cholesterol (LDL). The study was published in the American Journal of Clinical Nutrition.



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Lots of by product using GABA rice have sprouted in the market.

Significant Cardiovascular Benefits for Post Menopause Women : Eating a serving of whole grains , at least six times a week, is highly recommended for post menopause women with high cholesterol, high blood pressure and other cardio vascular diseases (CVD). While the intake of fibers from fruits, vegetables and refined grains was not associated with the lessening in CVD progression according to study published in the American Heart Journal.

The way of eating , that relies on the healthiest foods from all food groups- the whole foods that contain the healthiest fats, carbohydrates and proteins, is the most effective and intelligent way to stay healthy and to have long life.

PAPA JOHN
GRILL RESTAURANT

STEAK & INTERNATIONAL

Papa John, an established name in dining ,has opened in a more spacious & garden ambiance in Khao Takiab,diagonally opposite Worabura hotel

The German management has the same chef and the kitchen staff. The highlights are the steak from New Zealand, chateaubriand,duck breast filled with orange sauce,spareribs,Italian and Thai food. The winelist and drink menu is extensive. The seating is air-conditioned as well as outside. Ample parking.

Open daily 15.30- 24.00 hrs.

154 Takiab Road, Nongkhae,Hua Hin. Tel: 032-514 295



- Challenging 18 holes championship course
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hua hin
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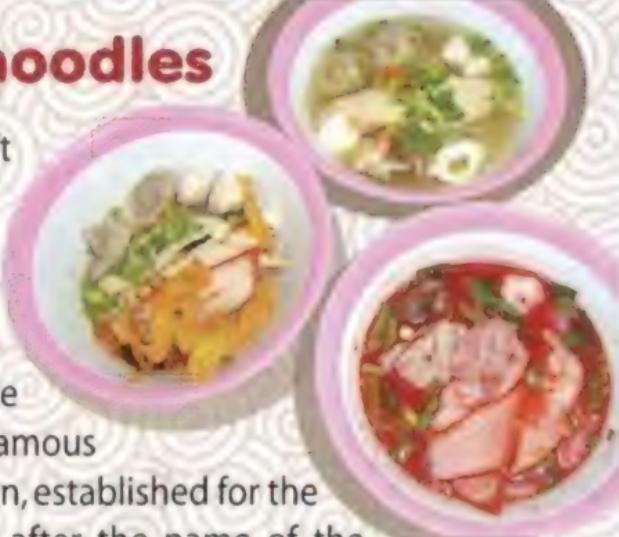
นายหอย

Nai Hoi noodles

Some fellows can't have seafood with every meal, so in order to be easy on your purse and stomach, we take you to the most famous noodle shop in town, established for the past sixteen years, after the name of the owner. Although, he does not make mussels, but somehow he has resemblance. The whole family somehow is involved, either with preparation of fish balls and by products or in preparation of snacks, which is a must. The highlights are *yen tofu*, *tom yam noodles* and *bahmi*. The menu and the price list is on the wall, just right down your order with the table number and wait. Those who want more than one bowl, order all at one time, otherwise you might have to wait for half an hour, especially on weekends. Don't forget to order the fried snack, it's simply munchy.

The ice tea and coffee corner is managed alone, by over 70 -year Mr. Hoi, who is still active and ever smiling. This isn't a five star shop, it's quite hot and the parking is on the roadside. The shop is only open during day time daily from 10.00 – 15.00 hrs.

Location is one km. down on Liab Klong Chonprathan road (see Greater Hua Hin map) and lookout on you left hand side, while coming from town.



Greater HuaiHin



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Sam Roi Yot

This National Park
approximately 60km south of
Hua Hin, is a favorite among
bird watchers during this time
of the year. Thailand's first
Marine park, offers quiet white
sandy beaches and towering
limestone outcroppings. There
are 3 caves, worth a visit but
early in the morning. The Park
has a restaurant as well. Both
Pala U waterfall and Sam Roi
Yot deserve full day trip.



Central Hua Hin



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Tel: 032-513989
- 49/1/3 Petchkasem Rd., Hua Hin
Tel: 032-514109
- Cha Am Tel: 032-472500

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032-532018-9

Municipality
032-511047

H.H. Cable
032-512558

Electricity
032-513162

TOT
032-511173



Popular Dining choices

Heidi's

Heidi's Garden Restaurant :- European, International and Thai. Open from 11:00 to 24:00 hrs. The restaurant has 80 dishes covering European, International, Thai and Swiss specialities. Swiss highlights are sliced pork Zurich style, Cordon Bleu, Pork Steak with herb butter, Grilled pork sausage with onion sauce and of course Swiss cheese fondue. Imported steak and cocktails here're original. The menu



is available in Finnish & Danish languages also. Prices are medium, incl. of VAT and no service charge. Swiss management. Location on Poolsuk Road. Kitchen open till midnight.
Tel: 032-532-367

Papa John

Papa John :- Steak and International. Established since 1995, here the steak is from New Zealand and is a favourite with Scandinavians. The only restaurant with Finnish menu, also have ostrich meat. Highlights are chateaubriand, spareribs, duck breast fillet with orange sauce and Cordon Bleu. Special side order home fried potatoes. Good selection of wines to go with meat. Seating both air-conditioned and outdoor. Reasonable prices and extensive menu.

New location : 154 Takiab Rd, Nongkhae, Hua Hin
Tel : 032-514-295

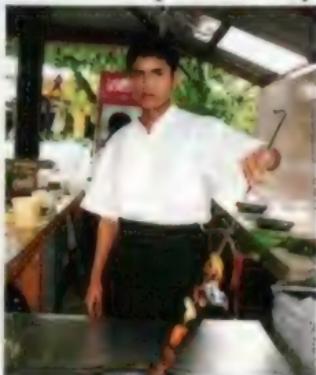


Restaurant-Indian, European and Thai

A restaurant with both indoor and garden settings is great place to dine on succulent Indian food—Tandoori tikka, chicken, kebabs and prawns all prepared by an Indian chef. Ofcourse,

Spices

guests will get their chicken and lamb curries, along with vegetarian delights. Try it's Hyderbadi Biryani, the restaurant's signature dish and Indian sweets found nowhere in Hua Hin. The only restaurant with an Indian chef. The kitchen also makes extensive European dishes like imported steaks, seafood and pasta. The Thai chef churns Thai preparations, the way you want.



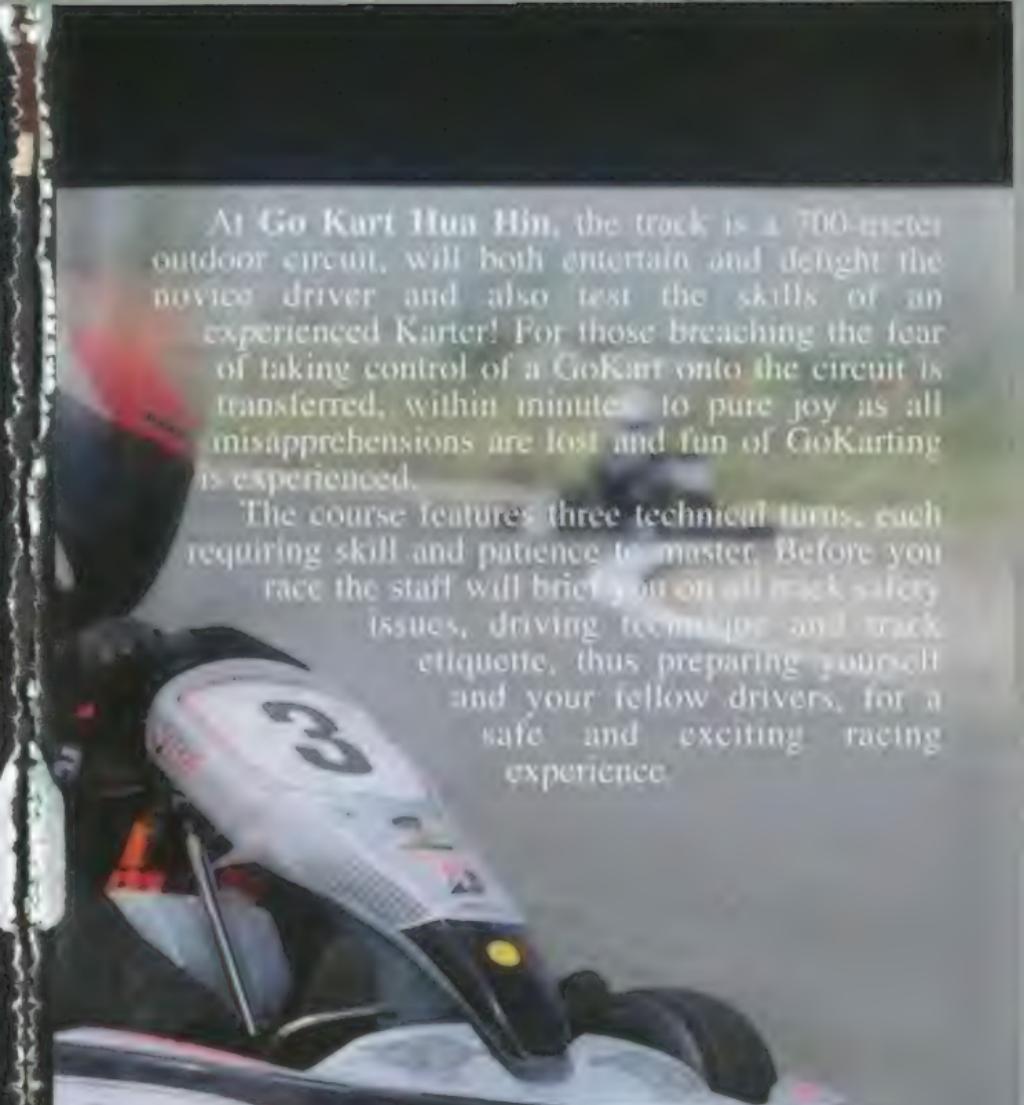
Bintabah Road (Near Hilton) Tel. 085-1831710

Open 12.00 – 24.00 hrs. daily

GO-KART

All holidays need balance, beach, pool, sightseeing, shopping, eating and drinking. Have I missed anything out? Well, what about a dose of adrenalin to wake you from that catatonic state you're in danger of slipping into.





At Go Kart Hua Hin, the track is a 700-meter outdoor circuit, will both entertain and delight the novice driver and also test the skills of an experienced Karter! For those breaching the fear of taking control of a GoKart onto the circuit is transferred, within minutes, to pure joy as all misapprehensions are lost and fun of GoKarting is experienced.

The course features three technical turns, each requiring skill and patience to master. Before you race the staff will brief you on all track safety issues, driving techniques and track etiquette, thus preparing yourself and your fellow drivers, for a safe and exciting racing experience.





Karting can be a serious sport, but can cater for both families and casual drivers. Go Kart Hua Hin provides four Twin Seater Karts, powered by 6.5 or 9hp engines, for inexperienced karters to partake in the fun from the comfort of a passenger seat. There are also four Junior Karts (powered by 6.5hp engines) ideal for children and perfect for teenagers to gain confidence and experience the circuit under their own control.





Prices range from 300 Baht for a twelve minute session in a Junior Kart to 1,000 Baht for a half-hour of track time in a Senior Kart.

"We accentuate the safe, professional and exciting attitude." - Neil Heron, the circuit owner and manager said.

"We offer many opportunities to race within the format of a Formula 1 race, with qualification and grid line-ups. Every Saturday or Sunday, throughout the year, the management invite teams of three or more drivers to compete against each other. Race format consists of one-hour track time with team strategy for driver changes and fuel stops!!! This is an ideal opportunity for regular Kart drivers to test their metal against fellow enthusiasts."

The circuit have installed a floodlight system that allows to race into the evening with perfect safety. Once a month, on the evening of the full moon, if the sky is clear, the light of the night sky is bright enough to race under the stars. The Full Moon Party offers the opportunity to race against the clock to qualify for a Formula One grid line-up. After the race, relax with a bite to eat and a refreshing drink from the café.

The circuit is fitted with a ROC Lap Timing System. All completed laps will be recorded via lap timing system and displayed 'live' on TV monitors. You will also receive a computer printout of all your lap times, highlighting your fastest lap, average track speed and total laps completed, once your session has finished.





The circuit is right opposite of the Hua Hin Airport. Operational 365 days of the year, the track is open from 10am to 7 pm.

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Swiss Artist Exhibits At Putahracsa.

Hua Hin hardly gets an opportunity to host an exhibition of a talented artist. Finally, with the hotel's persuasion, Jacky B, a renowned Swiss painter, will not only exhibit but paint as well, from May 7- 31, at The Putahracsa hotel, on Naebkehad Road .

Jacqueline Niggli known as Jacky B, has been a gifted artist from her tender age. She focuses on the combination of color theory, morphology and space. Her paintings shimmer and shake with fanciful layered textures, which would mesmerize anyone. Jacky claims part of her figurative compositions, reflect womanhood , which is a symbol of wisdom and beauty.

Come and enjoy this feat of colors !

Putahracsa Resort

Naebkehad Road, Hua Hin Tel : 032-531470

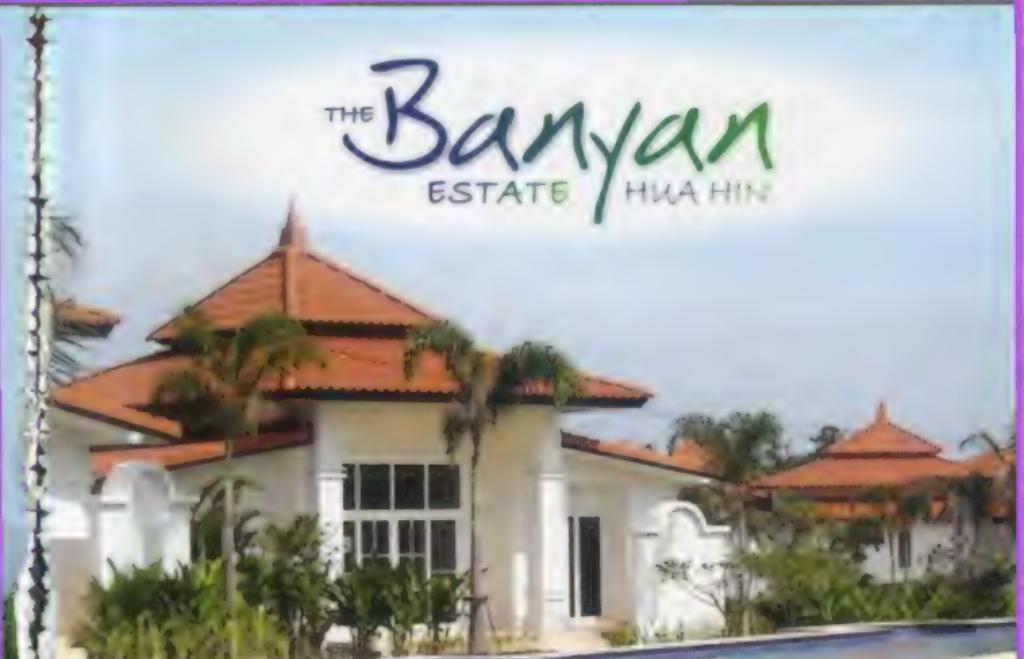
GOLFING IN HUA HIN

Golfing in Hua Hin and Cha-am is simply a paradise for the golfers. Ten courses to choose from, within a radius of 90 kms. Hua Hin is also privileged to have, the first golf course built in Thailand during 1920's i.e. The Royal Hua Hin, near the railway station. The first 18 holes of the Springfield course has been designed by Jack Nicholas and has 27 holes. The Imperial Lake view has 36 holes. The latest addition is The Banyan Golf, in Khao Tao area. All of them offer pick-up service at no extra charge. However, the town has exclusive golf agencies too, which offer private transfers and equipment for rental. The Palm Hills, Black Mountain and the Banyan sell real estate, packaged with life membership. The first tee off is at 6.00 am.

Golf Course	Weekday/Weekend	Caddy	Golf Cart
Banyan Golf	3250	Incl.	Incl.
Black Mountain	1500	300	600
Imperial Lake View	2500	250	750
Kaeng Krachan	1399	200	500
Majestic Creek	2500	250	700
Milford	500	250	700
Palm Hills	2500	250	650
Royal Hua Hin	2000	250	750
Springfield	2500	250	750

For confirmation, please call :

Banyan Golf	Tel : 032-616-200
Black Mountain	Tel : 032-618666
Imperial Lake View	Tel : 032-456-233-9
Kaeng Krachan	Tel : 032-422146
Majestic Creek	Tel : 081-942-3619
Milford	Tel : 032-572-441
Palm Hills	Tel : 032-520-800-2
Royal Hua Hin	Tel : 032-512-475
Springfield	Tel : 032-709-222-9



THE **Banyan**
ESTATE HUA HIN

Visit our sales office at the Estate
or email: sales@banyanestatehuahin.com

The Banyan Estate Group, Hua Hin

Between Hua Hin Soi 120 and 122
Petchkasem Road, Hua Hin 77110, Thailand
Tel: +66 (0)8 1010 6847 Fax: +66 (0) 3253 8822
Email: sales@banyanestatehuahin.com
www.banyanestatehuahin.com



THE **Banyan**
GOLF CLUB HUA HIN

**A new golfing experience
opened on 1st October 2008**

**7,361 yard, par 72 championship
designed golf course with state of the
art Clubhouse and dining facilities**

Be part of it!

The Banyan Estate & Golf Club, Hua Hin
101 Moo 9, Tab Tai, Hua Hin 77110, Thailand
Tel: +66 (0) 3261 6200 Fax: +66 (0) 3261 6222
Email: reservations@banyanestatehuahin.com
www.banyanestatehuahin.com

ONE DAY TRIP

Cruising/Fishing



A teak boat "Mai Thai", operates daily from Pak Nam Pran (Pranburi) towards Sam Roi Yod National Park from 8.00- 4.30 pm. One can either lay on the deck, swim, fishing, watch, winkle,

dolphins or feed the monkeys on the island.

Avid anglers could go for deep sea fishing in the afternoon till midnight.

Sea cruise @2,500 baht, Night game fishing @ 3,500 baht. Tel : 0899109367 Steve

Marukatayawan Palace



This all teak summer Palace was built in 1923 by HM King Rama VI. The palace stands on 1,080 concrete pillars and houses King's bedroom, working room, receiving guests including his personal belongings. Corridors are long and airy. Wear loose and comfortable clothes with cap and sun glasses.

Open daily from 8.30 - 16.30 hrs.

Hua Hin Vineyard

You don't need to go to France or Australia to see a vineyard. Come to Hua Hin, trip to vineyard is a must. Take the road to Pala-U waterfall, it's 43 km. On the hill top, there is a restaurant serving Thai and International cuisine, in an air-conditioned comfort or on the terrace.



One can have lunch or afternoon snacks and also view the sun set. On the way, you can go to the most revered Buddhist temple Huay Mongkol of Luang Pho Thuat. If you don't have transportation, call 032-526351, two daily transfers leave at 10.00 and 15.00 hrs.

Wat Huaymongkol



The most sought after monastery in Hua Hin, on the way to Pala-U near Majestic Golf course. Revered and charismatic Luang Pu Thuat, the former abbot of Wat Chang Hoi in Pattani, statue graces the followers. Legend has it, that the monk

could perform miracles through his power of meditation. Luang Pu Thuat amulets are much sought after by Buddhists.

Snorkeling Tour



Drive south approximately two hours to the unspoiled "Bangsapan-noi". Your journey continues on the clear waters of Thai gulf. Take 15 minutes ride

on a speed boat to explore crystal clear waters with coral reefs and tropical fish. This is *Koh Thalu*, an island with hole. This is an ideal place for swimming, snorkeling and sun bathing. Tel: 032-531-285

Pa La-U Waterfall

Full day excursion to the jungle, which is close to the Burmese border. The journey takes you through un-inhabited peaks and valleys to the Pala U waterfall (65kms.). After nature's walk through the forest, go towards the water-fall, which is thirteen-tier. At the first tier, one would find fish and climb-up to the third tier. Beyond this tier, the jungle becomes thick and stones very slippery. Food and drinks are not allowed inside. Relax and have your meals, outside the park, along the stream. Basic accommodation is available inside the park or tents near the stream.



Twittering On and On !



Now, the latest rage among netizens is the internet form of SMS called **Twitter**. To give friends, followers or general public, an instant update on their lives, any tragedy or subjects ranging from good restaurants to bad news.

Blogging is getting to be a hassle. One invigorates a subject and post an essay. Mostly, that might attract two worthy comments, while the rest are fit for the trash bin.

Twitter is a social network and micro-blogging, based on sending upto 140 characters message to multitude of people instantly free of charge. These messages are called Tweets and are displayed on user's profile and delivered to other users (known as followers). Senders can also restrict delivery to those in their circle of friends or by default allow anybody to access them. Users can also send messages, without being tethered to a computer, unlike blogging.



What is Twitter?

What?



Twitter is a service for friends, family and co-workers to communicate and stay connected through the exchange of quick, frequent answers to one simple question: **What are you doing?**

Since its creation in 2006, Twitter has gained extensive notability and popularity worldwide. Twitter enjoyed a growth of 1382 % from February 2008 to February 2009, according to Nielson online, while other networks like Facebook (228%) and Zimbio (240 %). Just America has 20 million Tweeters, the third largest after Facebook and MySpace. **It's described as 'SMS of the Internet'.**

During the terrorist attack in Mumbai, India last November, 1000 tweets were sent in one minute. Australian govt. used Twitter to send out regular alerts and updates regarding Victorian bush fires.

All you need to do is to create an account at www.twitter.com / name. As with other social networks, users can invite friends worldwide. Some micro-bloggers have thousands of followers on their network and all of them can be reached in an instant.





twitterbug

American celebrity Ashton Kutcher, reached one million followers on April 18, narrowly beating CNN by thirty minutes. CNN anchors use twitter and so did Barack Obama during his campaign. President has close to 900,000 followers. Other celebrities who have joined this race are Lily Allen, Demi Moore, Shaqille O' Neal , Alan Carr, Oprah Winfrey, Jonanthan Ross, Anglie Jolie and others. Large businesses like Cisco Systems, Sun Microsystems and IBM provide product and service information.

Additions have been made like Twitpic. , displaying photos. This technology was used in US Airways crash in Hudson river ,

last January. There are applets for file sharing, translation, directories, interfaces with Google Maps and others to expand your tweeting experience. Check out twitternet.com and twitterapps.co.uk for further details.

No network is fool proof, because of it's soaring numbers, it does get bogged down with traffic. Tweeters have named it, "fail whale" - a huge whale being lifted from an ocean, by a block of tweeting birds. T-shirts, coffee mugs and tattoos adore this icon.

Try it out, either you will keep on twittering or abandon it. 

Optical Express

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We have the choicest selection of quality brands, with technician's back-up.



29 Naredamri Road (100 M. down from the Hilton) Tel: 032-532686



Khao Tao

Khao Tao should be visited, whether you're in Hua Hin or Cha am. It has everything except the crowd and suffocation. 10 km. down from Hua Hin going towards Pranburi, look for Khao Tao Villa Beach Resort signboard, on your left while coming from Hua Hin.

This at present is the most sought after residential destination. Opposite the Khao Tao *wat*, is a lake with two piers, a place close to the nature. Straight down the road, it would lead to a hilltop, where another *wat* with huge glorious Buddha is in a sitting posture. Another smaller standing image on the slope is overlooking the beach. Right on the beach, another *wat* tunes in soothing hymns in the mornings and evenings. The *wat* has a terrace and sala over looking the endless beach and the sea.



Manora Village II & Baan Manora Villas

Resort Style developments in Hua Hin, Khao Tao with swimming pool, jacuzzi, restaurant, bar, 24 hr security, management office, shop, shuttle bus, local amenities, beautiful beaches and golf courses.

Swiss Management

Manora Village 92/19
Soi Mooban Khao Tao, Hua Hin
Mobile: 081-8578867, Tel 032-572060
E-Mail: info@manoravillage.com ►
www.manoravillage.com



Manora Garden Restaurant

Manora Village, Khao Tao
Open daily 9.00 am-10.00 pm



Cosy and comfortable, our **Manora Garden Restaurant** is open for breakfast, lunch and dinner 7 days a week, the ideal spot to relax with friends and family in the cool gentle breeze at this open terrace restaurant.

Enjoy Thai and European food! Tel: 032-525044

Area Pranburi

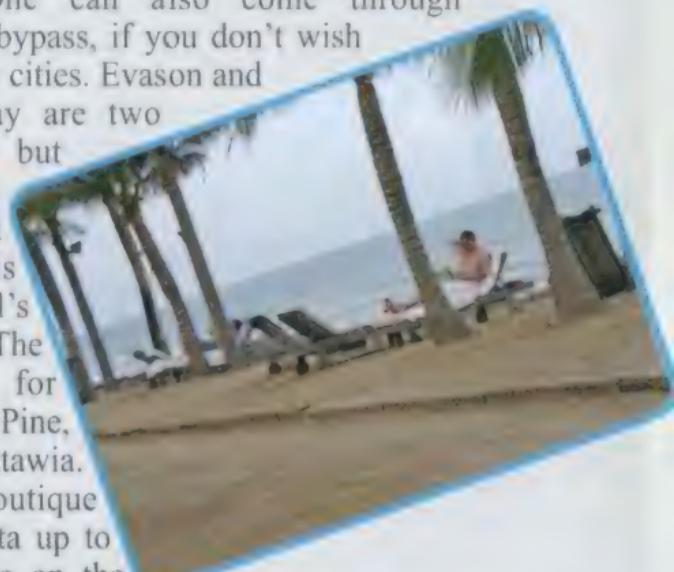


PRANBURI



GETTING THERE

Visitors heading for the beach and coming from Hua Hin after 15 Kms take left turn, where they see different hotels' sign. One can also come through Chaam/Hua Hin bypass, if you don't wish to go through two cities. Evason and Evason Hideaway are two premier resorts but it's not on the beach. A dirt public road is between hotel's rear and the sea. The same goes for Bacchus, Golden Pine, Tanao Sri and Pattawia. While small boutique hotels like Aleenta up to Beauty Beach are on the beach. It's worth going up Pranburi National Forest at Khao Kalok. Hotels like Privacy, Dolphin Bay and Anchana come under Sam Roi Yod. After Khao Kalok take right turn and go to the road, where you would see Dolphin Bay, Privacy and Anchana sign posts. One can try Bar-B-Que from the stalls or go to Seafood restaurant called Raan Chaew (Great food shop!) with squid sign post or have hotel's food.



“Slumdog” Mumbai set for makeover!



India's famed Bollywood film industry mostly revels around love sequels, high lifestyle and corruption, didn't bother to touch upon the lives of 365 million Indians, who earn US \$ 1.25 a day or even less, (poverty line defined by the World Bank).

Danny Boyle's "Slumdog Millionaire", shines a light on the lives of slum dwellers in Mumbai - India's economic capital. Although, impressive growth of 6.5 % has created four Indian Billionaires, out of

Forbes's top eight in 2007, but the new wealth has bypassed India's poor.

Nisha Agarwal of Oxfam says, "There're two India's, one rich and one impoverished". Slumdog which is set in Mumbai of 16 million, has over one million living in slums, who're set for an upheaval, as the city is poised for a radical makeover, after the release of eight Oscarwinning's film.

Dharvi, where the movie was filmed, is one of the world's largest slums, enticing 57,000 families.

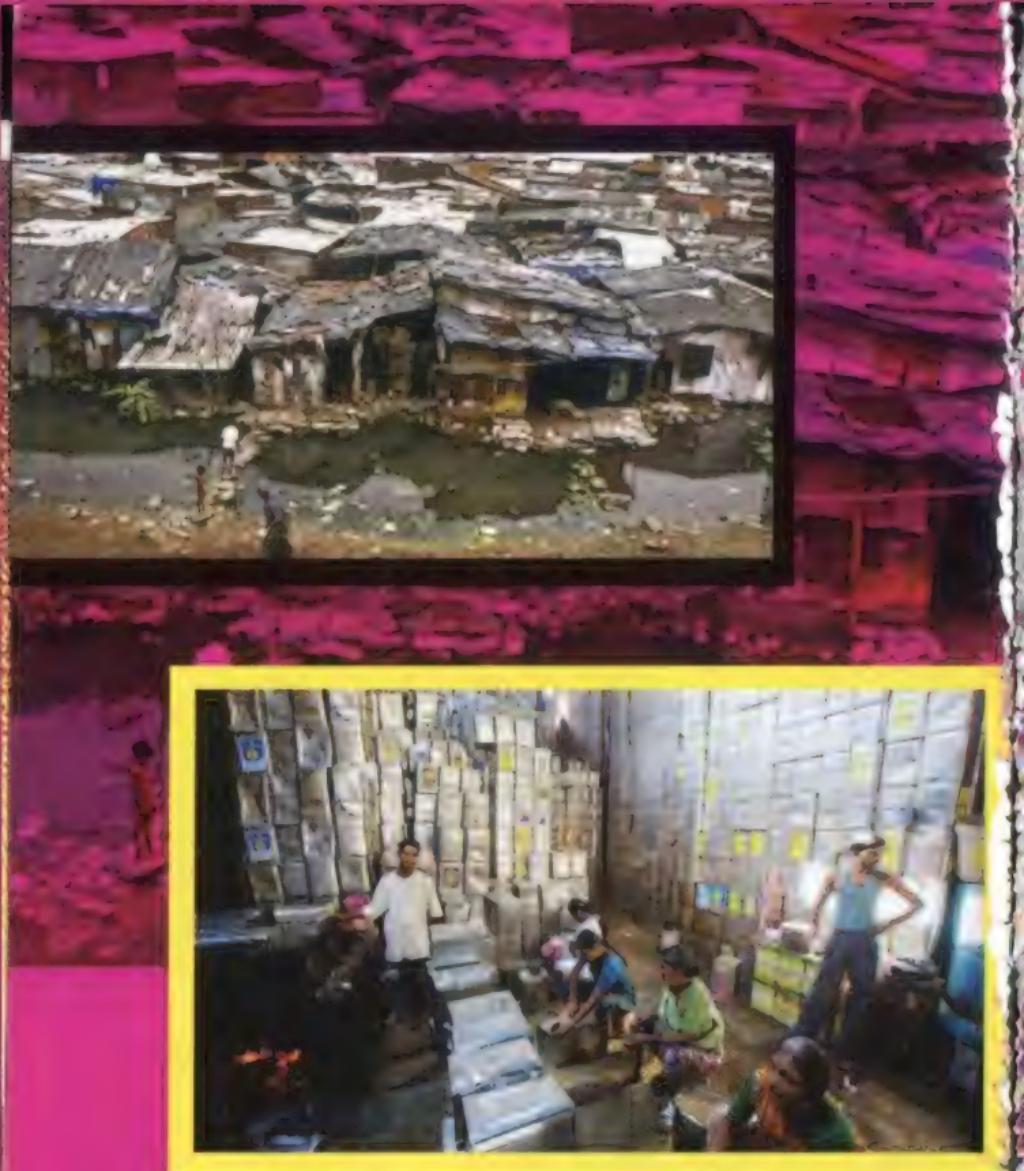


The children just have to look the other side, as the father urinates.

From a mainstream point of view, slums "spoil" the look of a city, it breeds poverty, high crime rate and high unemployment, all stemming from its neighbourhood. As these are illegal settlements, residents don't have access to civic utilities. Infant mortality rate is 1.8 times higher. Lately, the municipality has installed water taps, public toilets and free electricity. Still people need to walk 30 minutes to get a bucket of water. There people have to stand for one hour in

the queue and leave the children behind. For toilet, people get up five in the morning or after sunset and do along the railway tracks, as the queue is equally long and full of stench.

However, the realization dawned slowly on the Indian authorities that demolition and resettlement is not the answer. The local administration in order to win votes, started free tenements only in 1995. New understanding was reached, that slums are an integral part of urbanization



Small scale businesses abound, to supply to the city and use slum labor.

and it contributes significantly to its economy, in terms of labour and informal production activities.

Poverty is a major shame in India's otherwise rich history, scientifically advanced and peace loving image. In present day slums, even salaried people live, as they are the offspring of slum dwellers, unable to find affordable housing and high transportation costs. Four million Mumbaians live in an area, half the size of New York's Central Park. One would step

over rats in shanty towns around Rio de Janeiro, or in Johannesburg, it's called Soweto, dubbed as the most dangerous place in the world, outside war zones. Poverty tours exist in all parts of the world, called "dark tourism or poverty tourism". These tours have been operating quietly for decades. According to the tour operators, they want to show the reality of life, at the same time dispel the myth that the poor are lazy but rather working hard to improve their lives.

These companies give 70 % of their earnings after paying tax profits to local NGOs to help alleviate poverty.

One reason behind the success of this movie is current economic malaise, which would create more slums and poverty.



Rich man's sport: cricket is a regular activity among Indian slums.



JASPAL

Summer Collection





Ground Floor Hua Hin Market Village Tel: 032-526185



Preserve Hua Hin Run

5 April, 2009



THE MOON TERRACE - Dining under the Stars !



The name says it all, so we quickly move on to the menu. Although, the highlight is the seafood, but those who're allergic, can go for either Thai food, Italian (pizza and spaghetti), Continental or even Steak.

The ingredients and meats are invariable fresh and medium priced. One can start with seafood salad or Thai appetizers. Order *tom yam talay*, green curry prawns, steamed seabass with spicy lemon sauce, stir fried crab meat with curry powder or stir fried crab meat with basil leaves, stir fried prawns with ginger, steamed prawns with glass noodles or just grilled. Under each category, diners would find a choice of 10+.

Make-up your mind, what type are you going for, as the menu is extensive and a bit haphazard. Inform the staff to let the order flow, rather than bringing everything at one time. The staff is tech equipped and energetic. The restaurant also has a roof, in case of down pour.

**17 Naresdamri Road, (100 M down from The Hilton),
Hua Hin Tel : 032-511734**



ข้าวเหนียวมะม่วง

ป้าหนูน้ำ

เมื่อได้มีคุณมาหัวทิน นอกจากจะชื่อหัวของหัวแล้ว ข้าวเหนียวมะม่วงของป้าหนู น่าจะเป็นของฝากอีกอย่างหนึ่ง ที่น่าลิ้มลอง ถ้าคุณเป็นอีกคนหนึ่งที่โปรดปราน และชอบหัวมะม่วงน้ำตกอย่างไร แนะนำให้ลองหัวของป้าหนูน้ำ ก็จะคัดมะม่วงมาเป็นพิเศษจากล้วน ปัจจุบันขายมะม่วงหัวน้ำตกอย่างไร และออกร่องราคากิโลละ 70 บาท และที่ขาดไม่ได้คือข้าวเหนียวมะลิ ซึ่ง มีความนุ่มและหอมหวานมัน พอตี ขายกิโลละ 120 บาท หากต้องการให้จัดเป็น ชุดข้าวเหนียวมะม่วง ขายชุดละ 50 บาท ป้าหนูน้ำออกกว่าที่นี่คัดแต่ชิ้นที่มีคุณภาพ และราคาไม่แพง จึงไม่จำเป็นต้องต่อราคานอกจากข้าวเหนียวมะม่วงแล้ว ยังมีขนมหวานอื่น ๆ ให้ได้ลิ้มลอง เช่น ๆ ข้าวเหนียวหน้าลีซชิ้ยา หน้าปลาแห้ง หน้าเนื้อกะทิ หรือ ลังชยาฟิกทอง / เพือก / ขันนุน วุ้นมะพร้าว วันกะทิ และอีกหลายอย่างให้เลือก ในราคากิโลละ 35 - 40 บาท ป้าหนูน้ำเริ่มขายข้าวเหนียวมะม่วงตั้งแต่ยังลาว จนถึงปัจจุบัน อายุ 83 ปีแล้ว นอกจากประสบการณ์อันยาวนาน ซึ่งทำให้มีใจให้รักษาความอร่อย แล้วมีคุณภาพดี ป้าหนูน้ำออกกว่าเคล็ดลับอยู่ที่มะม่วง ที่คัดเฉพาะมะม่วงที่มี คุณภาพที่ดีที่สุดเท่านั้น ก่อนกลับจากหัวทิน อย่าลืมแวะมาซื้อข้าว เนื้อยุวมะม่วงป้าหนู หรือซื้อขนมติดไม้ติด มีอิ่มเป็นของฝาก ร้าน อยู่ติดกับหออย 57 ถ.

เพชรเกษม

ตรงข้ามกับตลาด อัตราราช
ถ้าคุณไม่อยากพลาดของดี ๆ
ให้รีบซื้อของกลับหน้าได้ที่

032-511035



HOTELS

Bacchus Home Resort, Pranburi

Tel: 032-632-287-8

Bacchus Home Resort is one of the most romantic and beautiful hideaways ever. Located just 25 minutes from Hua Hin city, nestled in lavishing greenery with breathtaking views overlooking the lovely sandy beach of Hua Hin bay. This luxury resort has the second – to – none ambience offering relaxing massage experience and exclusive lodging facilities set in harmony with nature.

All the treasures of the resort await visitors seeking a truly memorable holiday experience. No matter whom you are. You will always be treated with the same warm welcome as been given to celebrities, honeymooners and travelers form around the world.

Putahracsa

22/65 Naeb Kaehat Road, Hua Hin, Prachuab Kirikhan 77110
Tel: 032-531-470 Fax: 032-331-488

E-mail: info@putahracsa.com Website: www.putahracsa.com

Putahracsa is a low rise villa-style resort set on the eastern coastline of Hua Hin. It is 5 minutes drive from Hua Hin City, railway and bus station. Silk shops and many restaurants are just a walk away. The hotel comprises of 59 chic individualized units that emphasize personal space and privacy. The spacious villas at the unique Putahrasca Hua Hin are tastefully designed with wooden flooring, a private outdoor terrace and various amenities like spa, boutique/gallery and restaurants. (Monsoon for Contemporary Cuisine and Oceanside for seafood and international Cuisine).

Check out the place for a refined experience.

For directions see *Greater Hua Hin map*

Yai Ya Resort

1390/19 Phetkasem Road, Cha am (Next to Sheraton Hua Hin)
Tel: 032-406111, BKK. Office : Tel: 02-6885022
E-mail: contact@yaiyaresort.com, www.yaiyaresort.com

Yai Ya boutique property blends in harmony with aristocracy with modernity. The owner being an established name in architecture, has used his endless creativity and experience. The hotel's rear touches the beach, spacious gardens, infinity pool, bar, restaurant, famed AKA spa from Chiang Mai and a gallery.

Accommodation is varied with 11 pool villas of one and two bedrooms, with highly preferred privacy. Those who want be next to the beach, the owners have created a three room beach front pool villa.

Apart from the villas, the low rise modern building has 23 deluxe rooms and six suites. Each room has an extra large veranda, overlooking the sea.

The tropical restaurant caters all day dining, enticing salads, soups, Thai, Italian and Sea Food dishes. The pizzas are fire wood, the beers and the wines in plenty. The hotel has been fully operational since December 2008.



RESTAURANTS

Heidi's

Poolsuk Road behind City Beach Hotel

Tel: 032-532-367

This is a garden restaurant right in Central Hua Hin on Poolsuk Road behind City Beach Hotel. The cuisine is European, International and Thai. Menu available in finnish & danish languages. The owner is Swiss so Swiss highlights are of course made to perfection. The steak is imported and cooked the way you want. Food from other European countries is also cooked well and so are the Thai dishes. Highlights are sliced pork Zurich style, Cordon Bleu, Grilled pork sausage with onion sauce, spare ribs and not to overlook Swiss cheese fondue. Open for lunch and dinner. Kitchen is open till midnight.

For directions see Central Hua Hin map

Manora Village

Hua Hin, Khao Tao

Tel: 032-525044

Quality food with extensive choice in Thai and western cuisines, are available here, at Manora Village. The restaurant's menu covers every possible Thai dishes. Come enjoy, the beautiful garden setting, with wine and extensive choices of food the restaurant offers. Open daily from 9.00 am- 10.00pm

Nahb Talay

22/65 Naeb Kaehat Road, Hua Hin, Prachuab Kirikhan 77110

Tel: 032-531-493 Fax: 032-531-488

Nahb Talay, located 60 meters off the resort grounds towards down town, offers Thai and seafood cuisine with a creative touch. *Open daily: Lunch & Dinner 11.00 hrs. - 23.00 hrs.*

Papa John

(Steak and International)

Tel. 032-514295 154 Takiab Road, Nongkhae, Hua Hin

Papa John restaurant under the German management has been operating and satisfying the customers since 1995. Earlier opposite Sofitel Central hotel with smaller and noisy corner, Papa John has moved and opened in a garden and spacious piece of land in Khao Takiab area. The chef and the kitchen staff is the same, so high quality is guaranteed like before. The restaurant has a new bartender who can prepare colorful and tropical drinks. *Open everyday from 15.30 – 24.00 hrs.*

Pizza Casa Mia

36/ 40-1, Nongplub Road (road to pala-u), Hua Hin

Tel : 085-7139790, Open 15.00- 23.00hrs, Daily.

Pizza Casa Mia stands for "Pizza from Home" and that's what the chef and co-owner, Marco makes daily, using his creativity and experience. Chef Marco is a celebrated chef from Italy, had won the "World Pizza Championship Award 2001", in Italy. The list of toppings is diverse and Marco himself makes each and every piece. He also makes home made pasta, antipasti, pasta dishes, along with other meat dishes and desserts. People can order take away pizza, as well.

The Thai chef makes homely Thai dishes as well, at reasonable price. The restaurant is one km. from the railway crossing of Chomsin road, on the way to Pala - U waterfall. Enjoy the open- air, with colonial settings indoor.

REAL ESTATE

Kiri Khan, mountaintop condominium, Hua Hin

42, Dechanuchit Road, Hua Hin Tel : 032-531301,

Fax : 032-531302

e-mail : jakob@kirikhan.asia www.kirikhan.asia

Kiri Khan is a development of 3 separate 9 stories high buildings designed in contemporary Thai style, with only 126 units built to meet European standard. Unit sizes start from 86 sq m to 320 sqm Penthouse residences. Every unit offers magnificent sea & city views from the mountaintop of Hua Hin.

Kiri Khan is located only 3 km from the heart of Hua Hin and offers a unique lifestyle and investment opportunity in one of Thailand's leading holiday destinations. Located on 8 Rai and 68 sq wah, the many facilities include underground parking, swimming pool, tennis court, fitness room, reception area, kiosk and shuttle service.

The finances for this one of a kind project are brought in from overseas with the backing of a major Danish Bank

Manora Village I&II

Tel. 032-572060

92/19 Soi Mooban Khao Tao, Hua Hin

e-mail : info@manoravillage.com

<http://www.manoravillage.com>

The manora property is a known name in the realty business in Hua Hin. In quiet yet not so far from Hua Hin town, there's Manora Village project I and II with resort style residence in secure community, providing round the clock security. The price range is 3.8 - 9.5 million baht depending on the land size and number of rooms. The pristine long stretch of beach and 18-hole golf course is near by. The housing complex has club house with swimming pool, jacuzzi, restaurant and shuttle bus.

Thai Living by Private Collection

Project location on Soi 94, Hua Hin

Sales office : 087-0823058 (Bjorn)

e-mail : bjorn@thailiving.no www.thailiving.no

This Scandinavian managed project has finished partially and residents have already moved in. Potential buyers can come and see themselves, the quality and the finishing.

The project has 43 detached pool villas, with 3-bedroom and 2-bathroom format. The master bedroom has attached bathroom and covered terrace. The floor inside and outside is tiled. The price includes fully equipped kitchen, fittings and three air-conditioners. Total living area is 187 sq. M. Also, there are detached houses, with living area of 157 and 137 sq. m with optional pool. The houses are also built on 3-bedroom and 2-bedroom format, with amenities as pool villas.

The project also has apartments and town houses. Please see the website.

The Panorama Villas

33/26 Naresdamri Road (50 meters before The Hilton)

Tel : 032-532846, 081-8585965

e-mail: hakan@thepanoramavillas.com

www.thepanoramavillas.com

" An Investment in a Splendor Sanctuary "

Hua Hin's finest resort homes set on the hills, in the much sought after area of Khao Tao. The project's land is 41 rai, surrounded by the mountains and overlooking the Hua Hin bay. The surroundings exudes an aura of serenity, peace in a guarded community. Only 55-pool villas have been planned, ensuring privacy. Balinese architecture lines the exterior, with top notch fittings inside. The houses come in two bedrooms and three bedrooms, with Thai sala and terrace. Exterior of all houses look alike, to blend with perfect harmony. The owners would have the pleasure of seeing stunning sunset, without leaving home. All inside wiring is hidden and so are the outside cable wirings.

The project has already finished few houses, where owners are staying. The club house, with swimming pool, jacuzzi, fitness room and restaurant are in the making.

Come and see your dream home and it could be yours.

GOLF

Custom Clubmakers

Professional clubfitting and repair

Located in The Hua Hin Golf Centre (opposite the Hilton Hotel)

Tel: 081-736-9462

Your swing didn't come off an assembly line...

neither should your equipment

Come visit our showroom and fully equipped workshop where we specialize in clubfitting the Award Winning #1 Custom Proline "KZG" brand of golf clubs. This line, coupled with many years of experience and accumulated knowledge, we provide the finest service that any golfer could wish for in terms of a large selection of trial clubs and computer analysis that are both designed to maximize a golfer's potential with regards to distance, accuracy and performance

PCS Professional "Class A" Clubmaker

PCS "Class A" Club Fitter

GCA Advanced Clubmaker

Certified Rifle Centre

Official Clubmaker for the Asian Tour

OUTDOOR SPORT

CHA-AM ATV Park

760/7 Soi Borkam, Petchakasem Road

Cha-am, Petchburi 76120

Tel: 089-206-9020 www.cha-amatvpark.net

ATV Cha-am's terrain is set amidst lush green surroundings for you to enjoy an pleasant overview while you are out riding premium quality cars of Polaris brand, made in U.S.A. There are three capacity engine vehicles 90cc, 200cc, and 330cc. with automatic gears. We have instructors to teach how to drive. Different tracks A, B & C ranked by their complexity level, signals and navigational arrows are provided. ATV park is open daily from 9:00 a.m.-6 .00 p.m. except Wednesday. Bring your camera or camcorder along to capture lifetime experience. It's safe and adventurous. Visitors would be given safety equipment such as helmets, gloves, and glasses. Training for horse riding is also provited

SHOPPING

Hua Hin Legacy Co., Ltd.

Hua Hin Legacy Co; Ltd

15/11 Soi Hua Hin 51, Phetchakasem Road, Hua Hin

Tel 032-516-606-9

E-mail: huahinlegacy51@csloxinfo.com

Over here, we, Hua Hin Legacy, are the largest gems hall and the only jewellery center with our own factory producing a wide variety of 14 k, 18 k gold, 925 sterling silver and pearl settings of ring, earring, pendant, chain, and many more items with diamonds, rubies, sapphires, emeralds, jades, topazes, citrines, etc. We also provide services for the customer: i.e. custom-made designs, fixings, resizing, modifying. Guarantee certificate for all jewellery articles is available. Please call us for free pick-up service and visit our nice atmosphere. Open daily except Sunday, from 9.00 am- 6.00 pm. We never let you down. For directions see Greater Hua Hin map

Hua Hin Optic

92 Petchkasem Road (opposite Clock Tower), Hua Hin

Tel. 032-513-094

Email: info@huahinoptic.com

The shop has a modern equipment to check the eyesight. They have latest brands for day and night glasses and imported progressive lens at local price.

For directions see Central Hua Hin Map

Mike & Co Tailor

18/1 Naebkhehars Rd., Hua Hin 77110

Tel: 032-531-155-7 Fax: 032-531-154

Email: mike@mikecompany.com

This is a complete tailor shop unlike others. Here the main show room or its branches under Mike & Co. Have full range of materials including imported wool, cashmere, cotton and linen. Here, the showroom has in-house professional cutters, and fitters. Suits could be made as per your schedule. Here, the shop stresses on workmanship and quality by using thermal fusing and industrial steam presses. Each piece goes through quality control before it reaches customers. Call us for free pick up and guided tour of our premises.

Optical Express

29 Naresdamri road(100 M down the road from The Hilton)

Tel : 032-532686 , Open Daily 10am- 10.30pm

This newly built optical shop has sunglasses and reading glasses for ladies and gentlemen of all age groups. The choice is extensive, competitive prices with excellent after sales services.

Premium Outlet Cha-am

Petchakasem Road KM 197, Cha-am

Tel: 086-7107061

"Premium Outlet Cha-am", A must-shop mall, offers unbelievable savings on top-of-the-line and local fashion brand. Saving up to 70% off at more than 100 outlets, over 200 brands, all in an enclosed air-conditioned setting. Open daily from 10 a.m. to 8 p.m. Only 15 minutes from Cha-am, and 25 minutes from downtown Hua Hin. Shuttle Bus Service is available. Call our customer service Tel: 086-7107061

Rashnee Thai Silk Village

18/1 Naebkhehars Rd., Hua Hin 77110

Tel: 032-531-155-7 Fax: 032-531-154

Email: mike@mikecompany.com

This is the only Thai Silk Weaving center in this area. Entrance is free where you can see the step by step making of Thai Silk. You can buy finished Thai Silk and get your dress made by our expert tailors. You can call us for free pick up and we will drop you as well without any hassle.

Thipurai Optical

33/26 Naresdamri road close to Hilton Hotel on the same side

Tel: 032-532-478

A part of Thipurai group, the shop has most modern equipment to check the eyesight. They have a wide selection of frames and branded sunglasses. The prices are reasonable so that people can have more than one kind.

For directions see Central Hua Hin map

Thipurai Tailor

• 94/5-6 Petchakasem Road (Opposite Hua Hin Temple)

Tel: 032-514-104

Thipurai group belongs to Hua Hin and have investments in hotels, leather and optics. In tailoring the group has two shops one on Naresdamri close to Hilton and another on Phetkasem opposite Hua Hin Temple. Both stores have pure woolen and tropical material for gents. The lining used is of high standard. Their main objective is customer satisfaction that will bring their customers back. They have many materials for ladies as well along with the books of latest designs.

For directions see Central Hua Hin map

huahin carrental.com

Hua Hin, Cha am and Pranburi

Tel: 086-0062924 (Steve), 089-087-3126 (Thai)

This car hire is a professionally managed company with the emphasis on value for money and service to all its customers. Our vehicles range from new top of the range SUV's and cars, 4x 4 pick ups to economy class cars.

All vehicles can be delivered and returned to your hotel or home free of charge.

Every vehicle is insured for commercial and CAR HIRE purposes. Hua Hin car rental boast to have the best deal in the area from a legal company in Thailand and largest selection of cars in this area.

For further details see www.huahin carrental.com



USEFUL NUMBERS

Bus Terminal for BKK & South	032-511-230
Bus Terminal for BKK Only	032-511-654
Hua Hin Hospital	032-520-401
Hua Hin Intl. Polyclinic	032-516-424
Micro Bus for Bangkok	086-992-7422
Police Station	032-533-440
Railway Station	032-511-073
San Paulo Hospital	032-532-576-80
SGA	032-522-300-2
TAT Phetburi	032-471-005-6
TAT Prachuapkhirikhan	032-611-543
Tourist Police	032-515-995, 1155 (Same for Cha-am, Pranburi)



ACCOMMODATION

Hua Hin

AKA Resort	032-618-900
Anantara Resort & Spa	032-520-250-6
Asara Resort & Spa	032-547-746
Baan Anantasila	032-511-879
Baan Bayan	032-533-540
Baan Duangkaew	032-515-307
Baan Laksasubha	032-514-525-31
Baan Rajdamnern	032-533-605-7
Baan Talay Dao	032-536-024
Casa del Mare	032-519-061-6
Chivasom Health Resort	032-536-536-48
Chom View Hotel	032-513-305-7
City Beach Resort	032-512-870-5
Hilton Resort & Spa	032-538-999
Hua Hin Blue Wave	032-513-140-1
Hua Hin Grand	032-511-391

Hyatt Regency	032-521-234
Kaban Tamor	032-521-011-3
Let's Sea	032-536-888
Imperial Beach Resort	032-520-162
Marriott Resort & Spa	032-511-881-4
My Way	032-511-397
Napalai Resort & Spa	032-527-555
Putahracs	032-531-470
Rest Detail	032-547-733
Rock Beach Resort & Spa	032-537-100
Sailom Hotel	032-512-017-8
Sea Horse Resort	032-537-111
Smor Spa Village	032-536-800
Sofitel Centara Resort	032-512-021-38
Supatra Hua Hin	032-536-893-4
Takiab Beach Resort	032-512-639
Thipurai City Hotel	032-533-555
Veranda Lodge	032-533-678
Worabura	032-536-999

Cha-am

Alila	032-709-555
Cha-am Methavalai	032-433-250-3
Dusit Resort	032-520-009
Grand Pacific	032-709-899
Haven	032-523-023
Holiday Inn Regent	032-451-240-9
Kaeng Chan Beach	032-471-314
Long Beach	032-472-444
Sheraton Resort & Spa	032-708-000
Springfield Beach Resort	032-451-181
Veranda Resort&Spa	032-709-000-30
Marriott Courtyard	032-708-300
Yai Ya Resort	032-406-111

Pranburi

Aleenta	032-618-333
Anchana Resort & Spa	032-559-366-7
Baan Pran Resort	032-630-598-9
Bacchus Home Resort	032-632-287-8
Beauty Beach Resort	www.beautybeachresort.com
Dolphin Bay	032-559-333
Evasion	032-632-111
Golden Pine	032-632-401-9
Kao Tao Beach Resort	032-572-572
Pattawia Resort & Spa	032-570-304-8
Praseban Resort	032-630-590-1
Privacy Beach	032-559-434-44
Purimuntra Resort & Spa	032-630-550-3
Tanaosri Resort	032-570-295-8

Things To Do



Fresh Market & Alms Giving

Around 6.00 in the morning go to the fresh market, behind the night market. Daily necessities are on display in the open,

unlike modern air-conditioned super market. Also, one can try the soya milk and Chinese doughnuts, opposite for only baht 10. A very rewarding is go for a morning walk and also give alms to the monks, on the beach.

ATV, Go Kart, Paintball

Visitors may not be aware that Hua Hin, Cha-am and Pranburi have plenty of outdoor activities. To name a few, ATV scooter in Cha-am (tel: 08-92069020), Go Kart in Hua Hin (tel: 032-547199), Paintball in Hua Hin (tel: 089-5485199), Paintball in Cha-am (tel: 08-92069020). Other sports are bicycling, horse ride, Elephant ride, boat ride, fishing, kite boarding and so forth.



Night Market



Located close to the clock tower on the other side of Petchkasem road, is a must for every visitor. Food is the prime attraction here but freshness is not guaranteed. Please ensure food is fresh and well cooked. For fish see that eyes are transparent and gills are deep red. Eat live crabs.

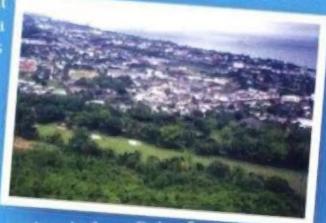


Bicycling, Jogging and Trishaw

Although there is no set out trails, travelers can easily rent a bike. Take a bike down Khao Tao, on the main road to Pranburi, inside Palm Hills Golf Course or Hin Lek Fai vicinity. Hua Hin Hash Harriers could be contacted at 0850887181. A couple should take a trishaw ride, in front of the Hilton, near the clock tower and near the Municipality. Jogging one can do along the 7 km. clean stretch on the beach, from the Sofitel to Khao Takiab. Do not touch the jelly fish.

Hin Lek Fai

Take right turn at Chomsin Road (Hua Hin 70) going towards Pa La-U waterfall. Follow Hin Lek Fai sign and drive-up the steep mountain. Here are six vantage points from where you can see Hua Hin from one end to the other. The best view is from Point 5 or 6 and has a bird sanctuary. Bring your camera along.



Seafood Dining

Travelers should dine at proper restaurants, where the storage is good proper hygiene. Avoid taking the food which is display

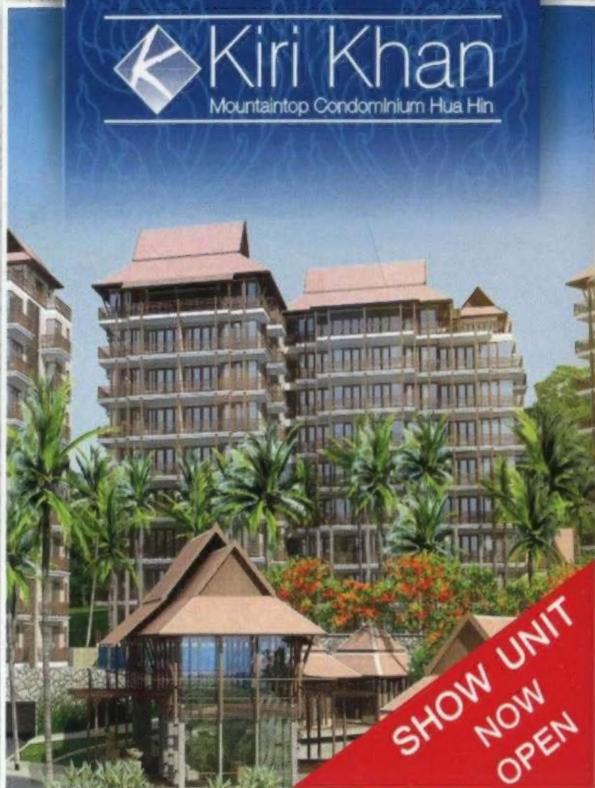
by the roadside, rather ask for the one, kept covered with ice in a box. There are restaurants, where the fish and the prawns are in fresh water tank. Every restaurant charge the rate, according to the type of the fish and weight. The same goes for prawn and crabs. If you can't take spices, please mention it explicitly. The seafood restaurants are down the Hilton, near soi 51 and in Khao Takiab area.



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